

Missouri Valley Sierran

Publication of the Sierra Club's Missouri Valley Group, Nebraska Chapter

August 2008

<http://nebraska.sierraclub.org/movalley>

Explore, Enjoy, and Protect the Planet

August Program

Walking in Nature at Allwine Prairie Preserve

By Mary Green
Program Director

Our August program will be an evening nature walk at Allwine Prairie Preserve. Late summer is an ideal time to see prairie wildflowers and the tall prairie grasses. More than 250 species of plants and 109 species of birds have been identified at the Allwine.

Dr. Tom Bragg, UNO Department of Biology, will lead a walking tour through the prairie. We'll learn about prairies and the variety of plants and animals they contain, as well as current issues facing Allwine Prairie.

Allwine Prairie Preserve is a 160-acre restored prairie near Bennington. The land was donated to the UNO Biology Department in 1959, and in 1970 the majority of the land was seeded with native tall-grass prairie species. Another 25 acres were seeded with mixed-grass species. The UNO

Sierra Club
Program:
Nature Walk at
Allwine Prairie
Preserve

Thursday, August 28:
7 p.m.

14810 State Street, just
east of State's intersection
with Military Road
In case of rain, meet at First United
Methodist Church, 69th & Cass
streets

**The public is welcome at
Sierra Club's educational
programs**

Biology department has managed the prairie with various combinations of fire and mowing to simulate the historic effects of widespread fire and grazing on tallgrass prairies. UNO uses the prairie for education and reasearch studies.

The Preserve is located



northwest of Omaha near Bennington, at 14810 State St. From Omaha, take Military Ave., which becomes Blair High Road, (or you can take I-680 north to the Irvington exit).

See Prairie, page 5

Recycling is Sure Way to Reduce Carbon Footprint

By Dale Gubbels
CEO, Firstar Fiber, Inc.

So you want to reduce your carbon footprint, but wish it could be as simple as sliding across a hardwood floor in your socks? Recycle.

"But recycling has too many dos and don'ts," you say. Perhaps recycling does take more thought than impersonating Tom Cruise in "Risky Business," but the environmental benefits are huge. This article

will explain what and why to recycle.

PAPER

The most prevalent recyclable is newspaper, but that barely scratches the surface of the paper that is recyclable. The EPA estimates 35 percent of the average household's waste stream is made up of such paper products as magazines, bulk mail, food packaging (e.g., cereal boxes) and cardboard boxes. A large percentage of Omaha's paper is turned into insulation

(look for the "Cocoon" brand when you're at a home improvement store; it might well contain your old newspaper).

Here are two simple rules for recycling paper:

1) If it tears, it's recyclable. Cardboard, which comes in all shapes and sizes, is tough to tear, but yes, do recycle it; it will be made back into another box. Prime examples of what doesn't tear and thus

See Recycle page 3

MAT Expanding Omaha Bus Service Options

By Clyde Anderson

One way to reduce your carbon footprint is to leave your car at home and use public transit. Although much of suburban Omaha is not served by public transit, most of the area within the loop formed by I-80 and I-680 is served by Metro Area Transit (MAT). For schedules and other helpful information, got to MAT's web site: www.metroareatransit.com.

On June 30, MAT introduced its new Line 92 Dodge Express service between North Omaha, Downtown, and Village Pointe with limited intermediate stops.

The service operates weekdays with three round trips during the morning rush hour and two round trips in the afternoon. The \$1.50 fare is a bargain compared to driving.

MAT usually assigns to this route two of its four suburban buses that feature reclining seats. They were purchased second-hand from a Florida transit system.

One of MAT's best-kept secrets is its service to Eppley Airfield. Starting in June 2007, Line 16, which operates between Downtown and the North Omaha Transit Center, operates via the airport terminal. However, it only operates on weekdays during the morning and afternoon rush



By Clyde Anderson

The new Westroads Transit Center for Metro Area Transit buses is located at the northwest corner of the Westroads Shopping Center parking lot.

hours (roughly 6 to 9 a.m. and 3 to 6 p.m.). Line 16 also serves the Gallup Campus and the new park at the western end of the new Missouri River Pedestrian Bridge. Hopefully, MAT will expand Line 16 service to weekends when the pedestrian bridge opens this fall.

MAT has opened several new transit centers during the past year: South Omaha/Metro College -- a short walk from the MCC's South Omaha Campus; Westroads -- located at the northwest corner of the Westroads Shopping Center parking lot; and Benson Park -- located just east of the Bakers Store at Ames Avenue

and 72nd Street. When possible, transit passenger should try to make connections at MAT's transit centers because bus connections are more reliable and there is some shelter from the weather.

On March 30, MAT implemented several service improvements: Route 11 was rerouted to provide service to Ak-Sar-Ben Village and UNO South Campus; Route 13 on weekdays operates every 30 minutes instead of hourly; Route 18 operates on 15-minute headways during weekday rush hours. For Sundays, Route 18 was extended south from Crossroads to Bergan

Mercy Hospital, eliminating a service gap in that corridor.

There were some service cutbacks, too. Of the four original Downtown Circulator routes, only the Green Line remains; Route 1 service through Dundee was cut back to weekday rush hours only; and Route 10 also was cut back to weekday rush-hour service and no longer serves the Zoo and Deer Park neighborhood.

The new bike racks are starting to appear on some MAT buses. They hold two bikes. Hopefully, many of the buses will have bike racks installed by this fall.

Tour Green Homes in Gifford Park

Explore some different green options for the home on a tour on the afternoon of Saturday, Sept. 6 in the Gifford Park area.

From 1 to 5 p.m., four homes, each with a specific green theme, will be open to the public. Tickets are \$5 per person (under 12 free), with proceeds to benefit the programs and activities of the Green Neighborhood Council. Pick up tickets at any of the homes on the tour.

The homes are: 1412 N. 35th St. (tour of the edible garden and orchard); 350 N. 36th Ave. (examples of energy-saving practices); 5073 Jackson St. (examples of indoor and outdoor water conservation); 1018 S. 36th St. (Constructed of repurposed materials with energy savings in mind).

A guided tour of the neighborhood includes stops at the Gifford Park Community Garden and the Community Bicycle Shop. Tour begins at Energy home, 350 N. 36th Ave.

There will be free giveaways at each home while supplies last, and a grand prize drawing at each home.

For more info, contact Cammy Watkins, 551-9480 or camelia.watkins@sierraclub.org.

Live Boldly * Travel * Climb * Hike * Camp * Trek * Go Outside

**We know the Adventures.
We know the Equipment.
We know the Outdoors.**

Your source for outdoor gear, clothing
& adventures since 1973.

BACKWOODS

Tower Plaza * 305 N. 78th Street * Omaha, NE
402.345.0303 * www.backwoods.com

King Corn Showing at 2nd Unitarian Sunday, Aug. 24

By Vicki Pratt

Are our bodies made of corn?

Aaron Woolf's documentary film King Corn will be shown at 7 p.m on Sunday, Aug. 24 at Social Justice Movie Night at the Second Unitarian Church, 3012 S. 119th St.

Woolf's friends Ian Cheney and Curt Ellis moved back to Iowa in 2004 and decided to plant an acre of corn, the nation's most-grown and most-subsidized grain, and document the process and results.

In their attempt to follow the crop into the U.S. food supply, they learn about the role of corn in the U.S. food system, and the prevalence of fatty corn-based meats and cheap corn-based sweeteners in our

diets. This turned into questioning government subsidies that promote cheap processed foods, encourage a fast-food lifestyle, and negatively affect the quality of our food and our health.

The Corn Refiners Association released this statement about their findings: "King Corn starts off with a fresh premise, but the information it presents on high fructose corn syrup contains many well-worn myths. New research continues to confirm that high fructose corn syrup is no different from other sweeteners. It has the same number of calories as sugar and honey. The U.S. Food and Drug Administration has long recognized that high fructose corn syrup is safe. No single food or ingredient is the sole cause of obesity. Rather, too

many calories and too little exercise is a primary cause. Consumption of high fructose corn syrup has been dropping in recent years, yet the rates of obesity and diabetes in the United States continue to rise. Moreover, many other parts of the world have rising rates of obesity and diabetes, despite having little or no high fructose corn syrup in their foods and beverages."

The usual lively discussion will follow the movie. Rather than a potluck we're suggesting corn-themed snacks to share during the movie. Or, try to find a packaged food that doesn't contain high fructose corn syrup.

For more information, go to <http://www.secondunitarianomaha.org> and click on "What's New."

Continued from page 1

Combination or Soiled Packaging Difficult to Recycle

shouldn't be recycled are plastic-coated items such as frozen food packages, aseptic packages (soy, rice, and almond milks and some types of soups are packaged in aseptic containers) and gable-top cartons, such as those used to package milk. Some paper mills are equipped to pulp and recover these items, but the distance to

these mills and the relatively small percentage available to recycle make them impractical to recover. If you are into crafts, soak the plastic-covered packaging overnight and peel off the plastic to make your own paper.

2) When it's soiled, discard it. This is as much a safety rule as it is a recycling requirement.

Tissue, paper towels and even wet newspaper after washing windows (which works great without streaking) are better composted.

PLASTICS

Plastics, both because of their volume and suitability for recycling, rank next on the list of items that should be readily

recycled. The plastics most recognized as acceptable are milk jugs, detergent bottles and similar colored bottles (all of which are #2s) and soda and water bottles (#1). They are made into piping, recycling bins, shipping containers, mud flaps, shelving, backing for

See Recycling, page 4

Missouri Valley Group Sierra Club Officers

<i>ExCom Chair, Listserv Administrator, Chapter Delegate</i>		
<i>*Steve Andrews</i>	<i>steve.andrews@nebraska.sierraclub.org</i>	<i>556-9288</i>
<i>Volunteer Coordinator, BEC Organizer; Training, Media/Publicity, & Earth Day Chair;</i>		
<i>Cammy Watkins</i>	<i>camellia.watkins@sierraclub.org</i>	<i>551-9480</i>
<i>Secretary, Urban Sprawl & Transportation Chair</i>		
<i>Clyde Anderson</i>	<i>clyde.anderson@nebraska.sierraclub.org</i>	<i>H) 932-7225, W) 740-5556</i>
<i>Vice Chair, Alt Chapter Delegate, Environmental Education Chair</i>		
<i>*Candy Bless</i>	<i>candy.bless@nebraska.sierraclub.org</i>	<i>208-0560</i>
<i>Treasurer</i>	<i>Debbie Galusha</i>	<i>agalusha@cox.net</i>
<i>Calendar Sales</i>	<i>Valerie Murray</i>	<i>valerie.murray@nebraska.sierraclub.org</i>
<i>Newsletter Editor</i>	<i>*Scott R Kemper</i>	<i>scott.kemper@nebraska.sierraclub.org</i>
<i>Program, Phone Tree Chair</i>	<i>Mary Green</i>	<i>mary.green@nebraska.sierraclub.org</i>
<i>Park and Refuges Chair; Webmaster</i>		
<i>John Calandra</i>	<i>johndcal@cox.net</i>	<i>991-8314</i>
<i>Alternative Energy Chair</i>	<i>Larry Burks</i>	<i>larry.burks@nebraska.sierraclub.org</i>
<i>Political Chair</i>	<i>*Michael McClellan</i>	<i>mike.mcclellan@nebraska.sierraclub.org</i>
<i>Student Coalition</i>	<i>Patrick Sechser</i>	<i>pat.sechser@ssc.org</i>
<i>Membership Chair;</i>	<i>*Albert Lierz</i>	<i>albert_liertz@yahoo.com</i>

**Voting Members of the Executive Committee*

Vacant Positions: Eco-Kids, Endangered Species/Wildlife, Conservation,

Continued from page 3

Workshop Will Teach About Recycling

carpeting and packaging strapping.

Rising oil prices and worldwide demand for all recyclables and plastics in particular have made it possible to now recycle #3 and #5 resins. Examples include yogurt containers, margarine tubs and salad trays. Indeed, packaging designers and manufacturers have steadily switched to more recyclable types of plastic. Chances are every plastic bottle and tub in your home, from the hair and body care products for your bath, to the coffee tub in your kitchen cupboard and condiment containers in your fridge, are either #1, #2, #3 or #5 plastics. Simply empty all of them as much as possible and include them in your bin.

Plastic bags and Styrofoam should not be included because they will contaminate the other materials. Plastic bags, however, are recycled by most grocery stores. There is no local market for Styrofoam, but some shipping companies will reuse peanuts.

METAL

Steel and aluminum cans should also be recycled because, as is true for all recyclables, of the huge energy savings. The energy from recycling one aluminum can is equivalent to six ounces of gasoline.

Whether you have paper, plastic or metal, toss them all together in your house-

hold recycling bin (or wheeled cart if you are a patron of the RecycleBank program). Thanks to Omaha switching to the single-stream collection program and Firststar Fiber's investment in the mechanical sorting system, you no

Recycling Dropoff Sites City-Sponsored Sites (all but one accept glass)

- Peony Park HyVee, 7910 Cass St.
- CARE Recycling, 4420 IZard St.
- River City Recycling, 6404 S. 60th St.
- Firststar Fiber, 10330 I St.
- UNMC Student Parking, 519 S. 40th St. (east side of parking lot) This site does not accept glass.

Other Area Sites (No Glass)

- None accept glass bottles, although they will accommodate commingling of all the traditional types of recyclables mentioned in the article.
- The Hy-Vee Grocery Stores at these locations:
 - 8809 West Center Road
 - 9707 Q St.
 - 17810 Welch Ave.
 - 3405 Oak View Drive

longer have to separate materials.

Compartmentalized, non-compactor trucks held about two to three tons of material, whereas the single-stream compactor trucks hold six to 10 tons. By enabling materials to be commingled, at a higher capacity, in regular compactor trucks, the city saved money and reduced air pollution (the hauler was able to reduce its fleet of trucks by slightly better than half). Firststar Fiber uses a series of screens, magnets and manual laborers to separate cardboard from paper, paper from metals and plastics and then these from one another. Several large local

employers have adopted single-stream recycling at their work sites with great results. The bottom line is by making recycling simpler and more convenient, those who otherwise wouldn't recycle are now willing to participate.

Now, there's a reason to kick off your shoes and slide across the floor.

For more information on how to green your home, please join us for the Green Neighborhood Council's monthly Green Living Workshop: Reducing a Household's Carbon Footprint through Recycling. Dale Gubbels, President and CEO of Omaha's recycling facility, Firststar Fiber, will guide a tour through the recycling plant,

help you learn the ins and outs of recycling, and teach us how to improve Omaha's recycling program.

The workshop will be held from 10 a.m. to noon on Saturday, Aug. 23 at Firststar Fiber, 10330 I St. Learn all about recycling and sign up for a chance to win recycling-related prizes. RSVP to Daniel Lawse at livesimply93@gmail.com.

The event is free and open to the public. Feel free to forward to anyone who may be interested.

Sponsored by the Green Neighborhood Council of the Green Omaha Coalition (www.greenomahacoalition.org)



Explore, enjoy and protect the planet

All Creatures Great and Small



"Every good thing, great and small, needs defense"
- John Muir

Join Sierra Club and help protect all creatures, great and small.

Name _____
Address _____
City _____ State _____
Zip _____ Phone (____) _____
Email _____

Join today and receive a FREE Sierra Club Weekender Bag!



Check enclosed. Please make payable to Sierra Club.
Please charge my: Visa Mastercard AMEX

Cardholder Name _____
Card Number _____
Exp. Date ____/____/____
Signature _____

Membership Categories	Individual	Joint
Special Offer	<input type="checkbox"/> \$25	
Standard	<input type="checkbox"/> \$39	<input type="checkbox"/> \$49
Supporting	<input type="checkbox"/> \$75	<input type="checkbox"/> \$100
Contributing	<input type="checkbox"/> \$150	<input type="checkbox"/> \$175
Life	<input type="checkbox"/> \$1000	<input type="checkbox"/> \$1250
Senior	<input type="checkbox"/> \$25	<input type="checkbox"/> \$35
Student/Limited Income	<input type="checkbox"/> \$25	<input type="checkbox"/> \$35

Contributions, gifts and dues to Sierra Club are not tax deductible; they support our effective, citizen-based advocacy and lobbying efforts. Your dues include \$7.50 for a subscription to Sierra magazine and \$1 for your Chapter newsletters.

Enclose a check and mail to Sierra Club, P.O. Box 52968, Boulder, CO 80322-2968 or visit our website www.sierraclub.org

F94Q W 4504¹

Corporate Cyclers Out to Challenge Records

The 18th Annual Corporate Cycling Challenge is scheduled for Sunday, Aug. 17. There are corporate, open (individual), and club divisions offered in the largest one-day bicycle event in the Midwest, according to a news release from Corporate Cycling Challenge.

The Challenge includes three tours -- 10, 25, and 42 miles long, featuring beautiful scenery and historic landmarks in a blend of urban and rural riding. The event is for all ages and

abilities. The start and finish line is staged in front of the fountain at the Heartland of America Park, at Eighth and Farnam streets in downtown Omaha.

Bob Mancuso Jr., one of the event coordinators, said that last year more than 3,000 cyclists, a new record, rode in the event. Last year, in the Corporate Division, the overall company winner with the most number of employee miles completed was The Nebraska Medical

Center/UNMC Team.

The Union Pacific Team had the most overall miles - employees and non-employees - with more than 7,834. The Alegent Health team came in third in its first year in the challenge. Starting next year, the winning team will include all miles completed by employees and non-employees.

The NMC/UNMC employees set a new corporate team record with more than 6,293 miles. The division winners were: AAA - NMC/UNMC, AA - ACI Worldwide, A - Scheels All Sports, and B- The Bike Rack. There were over 55,288 total miles completed by the corporate entrants and over 72,635 total miles overall completed in this year's

Corporate Cycling Challenge - both new records.

Mancuso said this year's event looks to be largest in history. Early entries indicate there will be more companies and more bicyclists.

Proceeds from this year will again be donated to Eastern Nebraska Trails Network (ENTN), which advocates and supports the development of multi-use trails throughout Omaha and the surrounding areas. The Corporate Cycling Challenge has donated more than \$84,350 to ENTN since its inception. This past year, ENTN donated \$25,000 to the Back to the River Project for the 2,700-foot Missouri River Pedestrian Bridge, which will be part of about 150 miles of local trails.

Continued from page 1

Program at Allwine Prairie

Continue west on the Blair High Road to State Street, where you will make a left (heading west). The entrance to Allwine Prairie will be about four miles down State Street on your right, and is marked with a large sign. Follow the driveway down and park near the barns. We'll hope for good

weather, but in case of rain, there is some shelter in the tractor barn.

Sierra Club programs are free and open to the public. For more information, contact Mary Green at 556-1830, or mary.green@nebraska.sierraclub.org or the Sierra Club office at 551-9480.

The Missouri Valley Sierran

is published about 10 times a year by the Missouri Valley Group-Nebraska Chapter of the Sierra Club

Send articles and correspondence for the newsletter to:
 MoValSierraNews@yahoo.com
 Phone: 402-981-7819

Mail: Missouri Valley Group – Sierra Club
 P.O. Box 4664,
 Omaha, NE 68104.

The Omaha office is at
 5170 Leavenworth St.
 Omaha, NE 68106.
 Phone: 402-551-9480
 Fax 402-551-9490.

Address changes for members should be sent to:
 Sierra Club Member Services
 P.O. Box 52968
 Boulder, CO 80322-2968

The Sierra Club's main national office is at:
 85 Second Street, 2nd Floor
 San Francisco, CA 94105
 Phone: (415) 977-5635.

Web sites:
 National: <http://www.sierraclub.org>
 Local: <http://nebraska.sierraclub.org/movalley>

Sierra Club
Missouri Valley Sierran
P.O. Box 4664
Omaha, NE 68104

Non-Profit Org
U.S. Postage
PAID
OMAHA, NE
Permit No.
1424

August 2008

Events

Tabling Volunteers Needed, 8 a.m. to 1 p.m., second Saturday of each month through October. To help, contact Membership Chairperson Albert L. Lierz at mo_val_sierra_member@yahoo.com

Saturday, Aug. 9, 8-11 a.m., OPPD Energy Saving Workshop, City Sprouts, SW corner 40th and Franklin

Saturday, Aug. 9, 10:30 a.m., Kids program, Lets Go Drumming!, City Sprouts, SW corner 40th and Franklin, City Sprouts, SW corner 40th and Franklin

Sunday, August 10, 7:15 a.m. to noonish, Sierra Club Outing, 6-mile morning hike in Boyer Chute National Wildlife Refuge, north of Omaha. Carpool from Canfields at 84th and Center, and return about noon. \$1 Sierra Club fee. For more info, contact John Calandra at johndcal@cox.net, at (402) 991-8314, or cell (402) 312-4672.

Wednesday, Aug. 13, 6 p.m., Raising Chickens in a Small Space, City Sprouts, SW corner 40th and

Franklin

Saturday, Aug. 16, 10:30 a.m., Kids program, Flower Power: Cut flowers & make paper, City Sprouts, SW corner 40th and Franklin

Saturday, August 23, 10 a.m. to noon, Living Green Workshop: Green Your Recycling, Firststar Fiber, 10330 I St. See article, page 1.

Sunday, Aug. 24, 2 p.m., Sixth Annual City Sprouts Gala, Lauritzen Gardens, \$25. For more info, contact Norita Matt at nmatt@ci.omaha.ne.us or 670-9464

Thursday, August 28, 7 p.m., Sierra Club Program, Nature Hike at 14810 State Street, Allwine Prairie, home to more than 250 species of plants and 109 species of birds. For more information, see article, page 1.

Sunday, August 31, noon to 5 p.m., Prairie Festival, at Audubon Prairie north of Omaha. Guided walks on flowers, birds and other aspects of the prairie, and a variety of activities will be available for families. Refreshments will be served. To

get there, take 72nd St to Bennington Road (1/2 block north of McKinley Street/Hwy 36). Turn east on Bennington Road and go about a half mile. Stay on the gravel road; do not go on the concrete portion. For more info, call Eric at 551-5045 or Laurine at 451-3647

Saturday, Sept. 6, 11 a.m., Seed Saving, City Sprouts, SW corner 40th and Franklin

Sept. 6, 1 to 5 p.m., Green Homes Tour, Gifford Park Neighborhood. See article on page 2.

Sunday, Sept. 7, 1:30 p.m. Nebraska Chapter ExCom meeting, Lincoln Unitarian Church

Saturday, Sept. 13, 10:30 a.m., Kids program, Create a piece of art using photographs from the garden, City Sprouts, SW corner 40th and Franklin

Saturday, Sept. 20, 10:30 a.m., Kids program, Harvest Party: Lets eat and have fun, City Sprouts, SW corner 40th and Franklin

Thursday, Sept. 25, 7 p.m.,

September Sierra Club Program: Driving Smart: How to Drive Green in the Big O, at First United Methodist Church, 69th and Cass streets. Panel discussion featuring Bill Moore, Shelby Bell, and Javin Rogers on the ins and outs of environmentally friendly automobiles. For more information, call 551-9480.

Saturday, Sept. 27, 10:30 a.m., Kids program, Stories ... Stories ... Stories with Rita Paskowitz. Listen to a book being read, take a book home to read, City Sprouts, SW corner 40th and Franklin

Saturday, Oct. 4, 11 a.m., Making Herb Oils and Salves, City Sprouts, SW corner 40th and Franklin

Wednesday, Oct. 15, 6 p.m., Obesity, Vegetables and the Environment, City Sprouts, SW corner 40th and Franklin

Saturday, Oct. 18, 10:30 a.m., Kids program, Halloween Party with pumpkin-carving contest, City Sprouts, SW corner 40th and Franklin

To list an event or activity in this space, e-mail the particulars to MoValSierraNews@yahoo.com, or mail it to 5170 Leavenworth St., Omaha, Neb. For more information, call Scott at 981-7819 or Cammy at 551-9480.